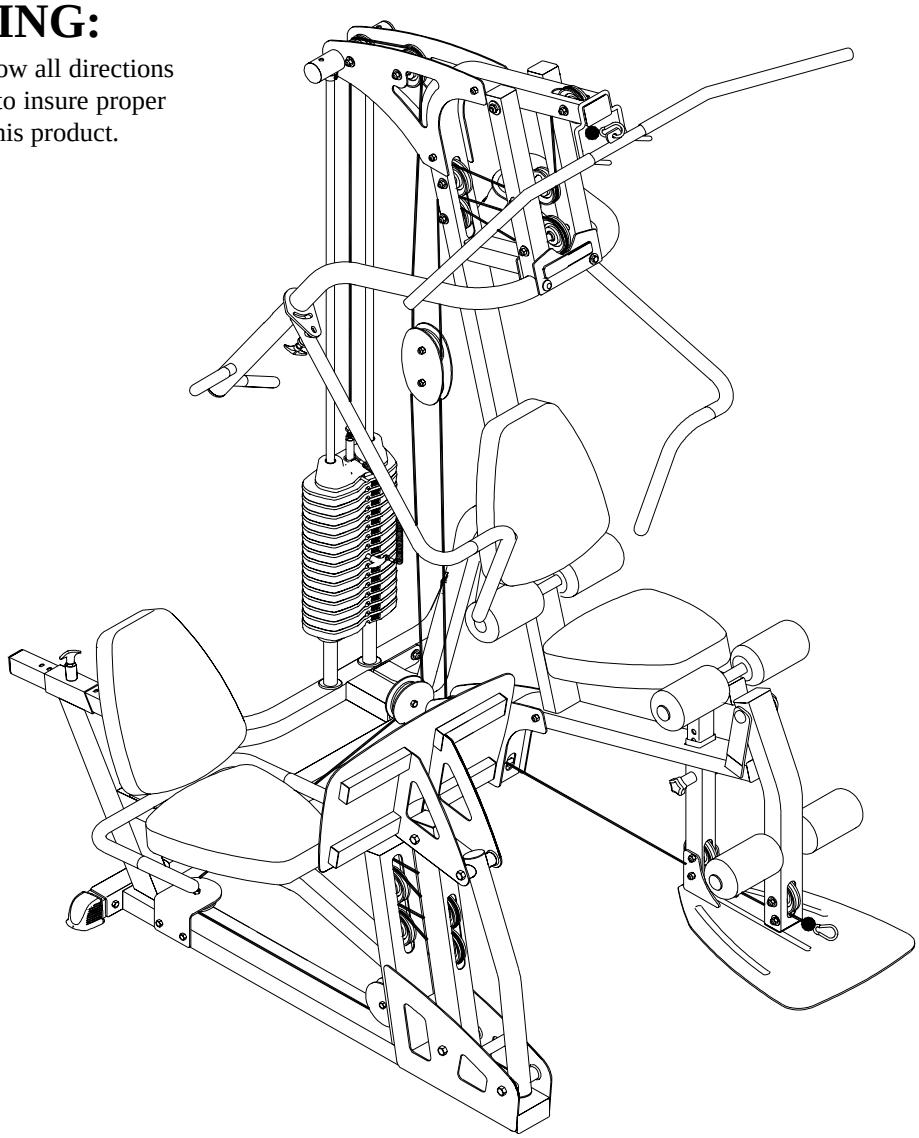
PARABODY®

LEG PRESS ADAPTER KIT FOR GS1/GS2 GYM SYSTEM

WARNING:

Read and follow all directions for each step to insure proper assembly of this product.



USER'S GUIDE

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Insert-Registration Card

IMPORTANT SAFETY INFORMATION

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK FOLLOW THESE RULES**!**

1. Before using, read all the warnings and instructions on the use of this machine. Use only for intended exercise. **DO NOT** modify the machine.

2. Obtain a medical exam before beginning any exercise program.

3. Keep body and clothing free of all moving objects.

4. Inspect the machine before use. **DO NOT** use it if it appears damaged. **DO NOT** attempt to fix a broken or jammed machine. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

5. Be certain that weight pin is completely inserted. Use only the pin provided by the manufacturer. If unsure, call your authorized ParaBody dealer.

6. Never pin the weights or prop plate into an elevated position. **DO NOT** use the machine if found in this condition. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer.

7. Inspect cables and their connections before using machine. Pay particular attention to the cable ends. **DO NOT** attempt to fix. Notify your authorized ParaBody dealer before use and have repairs made by an authorized service technician.

8. Make sure all spring loaded pull pins are fully engaged in the adjustment position and fully tighten thumbscrew before use.

9. Children must not be allowed near this machine. Supervise teenagers.

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NOTE: In a continual effort to improve our products, specifications are subject to change

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www.parabody.com

IMPORTANT NOTES

Please note:

* Thank you for purchasing the ParaBody GS1/ GS2 Leg Press Adapter Kit. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

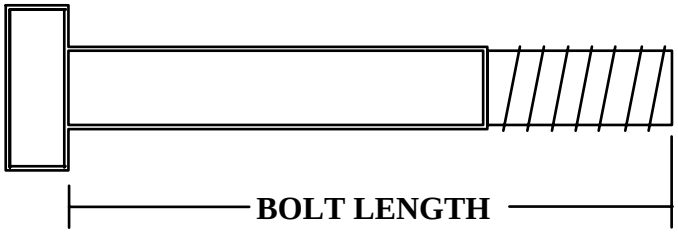
* This product must be assembled on a flat, level surface to assure its proper function. DO NOT securely tighten any frame connections until the entire frame has been assembled, unless otherwise stated.

Tools Required for Assembly

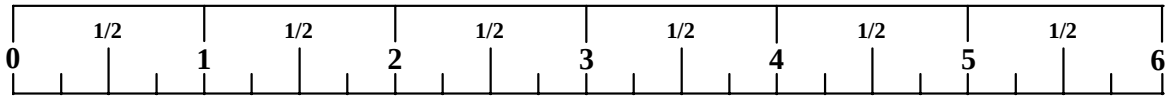
* 9/16” wrench
* Ratchet with 9/16” socket
* Adjustable wrench
* Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:

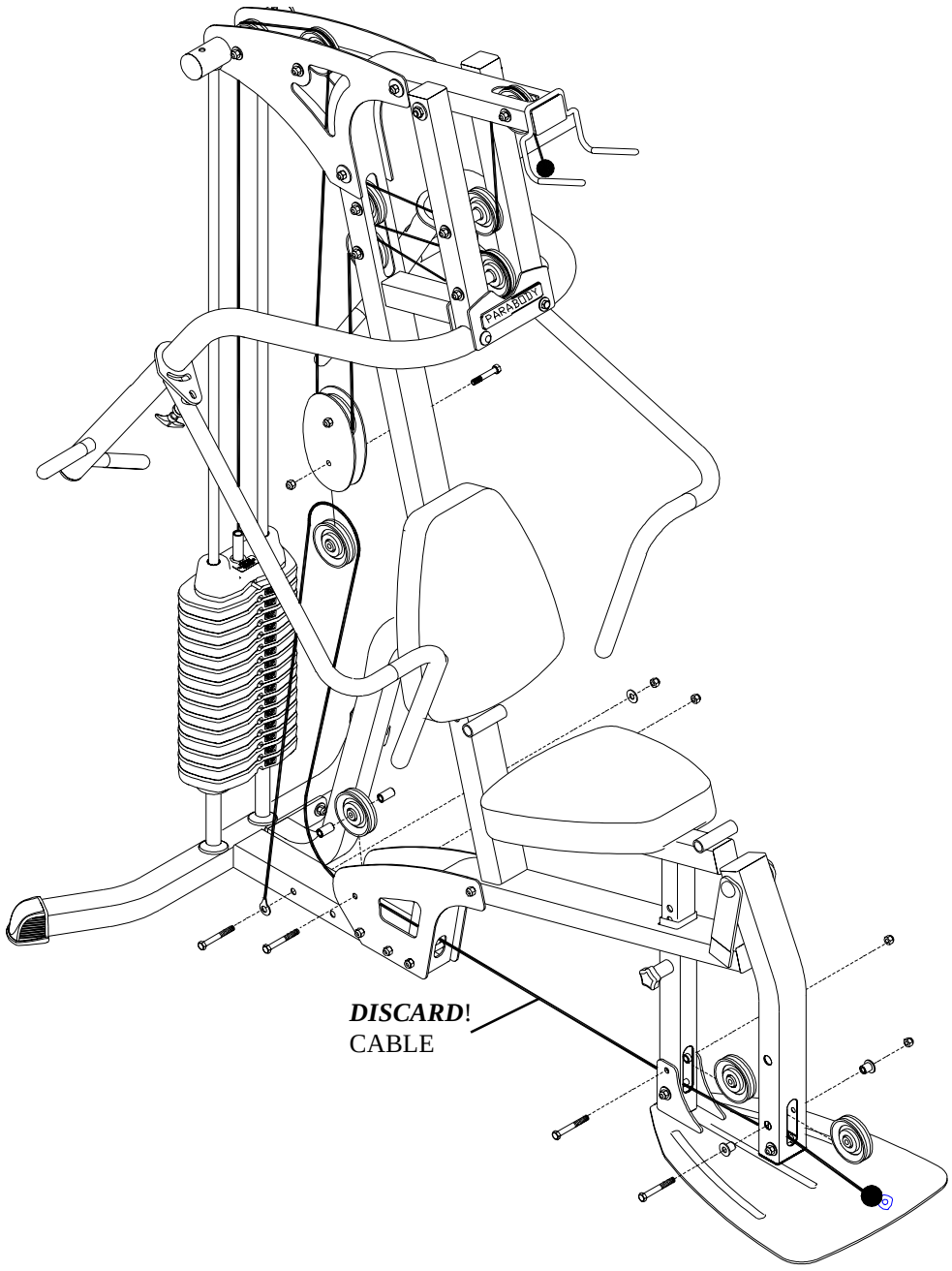


PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACU04-1450	FRONT LEG	1	8	ACUDA1E03823416NB	3/8 X 2-3/4" BOLT	4
2	ACU13-0140	LEG PRESS CABLE	1	9	ACUDA1E03840016NB	3/8 X 4" BOLT	2
3	ACU06-0024	3-1/2" PULLEY	7	10	ACUDA1E03843416NB	3/8 X 4-3/4" BOLT	5
4	ACU06-0362	2" COVER CAP	1	11	ACU08-0085	STEP SPACER 19/32" LG	4
5	ACUDC1250100020B	3/8" WASHER	9	12	ACU08-0076	STEP SPACER 1-19/32" LG	4
6	ACUDB2E03811000B	3/8" LOCKNUT	14	13	ACU08-0079	STEP SPACER 1-11/16" LG	2
7	ACUDA1E03813416NB	3/8 X 1-3/4" BOLT	3	14	ACU02-0055	CABLE L CLIP	1

NOTE: The LEG PRESS ATTACHMENT (LP5) must be assembled before connecting it to the PARABODY GS1/GS2 GYM SYSTEMS

FIGURE 1



STEP 1:

- Remove the bolts attaching the FRAME BRACE and CABLE to the BASE as shown in figure 1
- Remove and discard the LEG CABLE by removing the bolts shown in FIGURE 1.

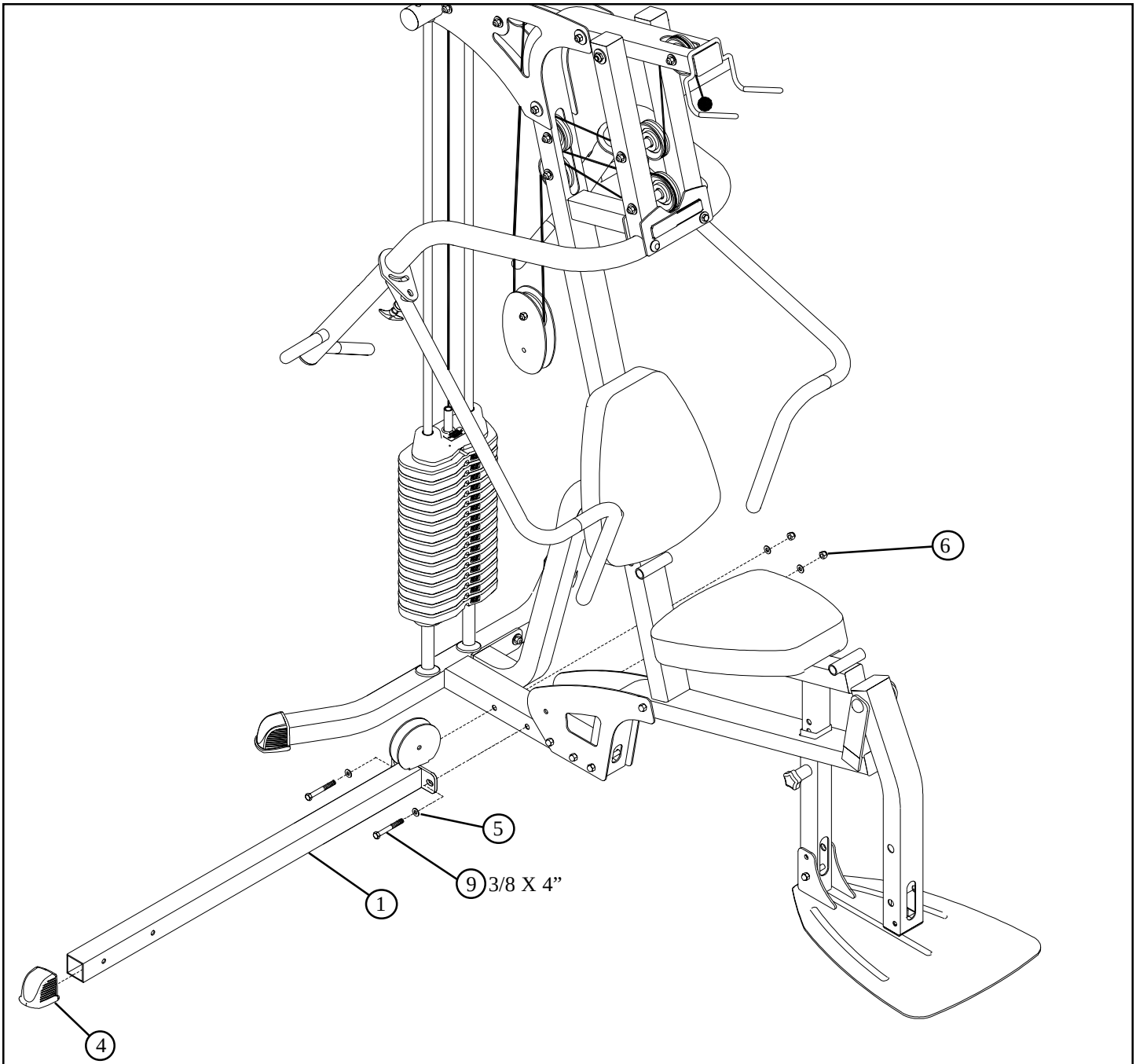
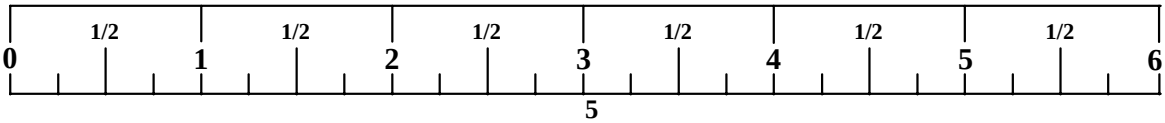


FIGURE 2

STEP 2:

- If not already installed, slide one 2” COVER CAP (4) over the FRONT LEG (1) as shown in FIGURE 8
- **SECURELY** assemble the FRONT LEG (1) to the GS1/GS2 Gym System using two 3/8 X 4” BOLTS (9), four 3/8” WASHERS (5), two LOW HEIGHT 3/8” LOCK NUTS (6) as shown in FIGURE 2.



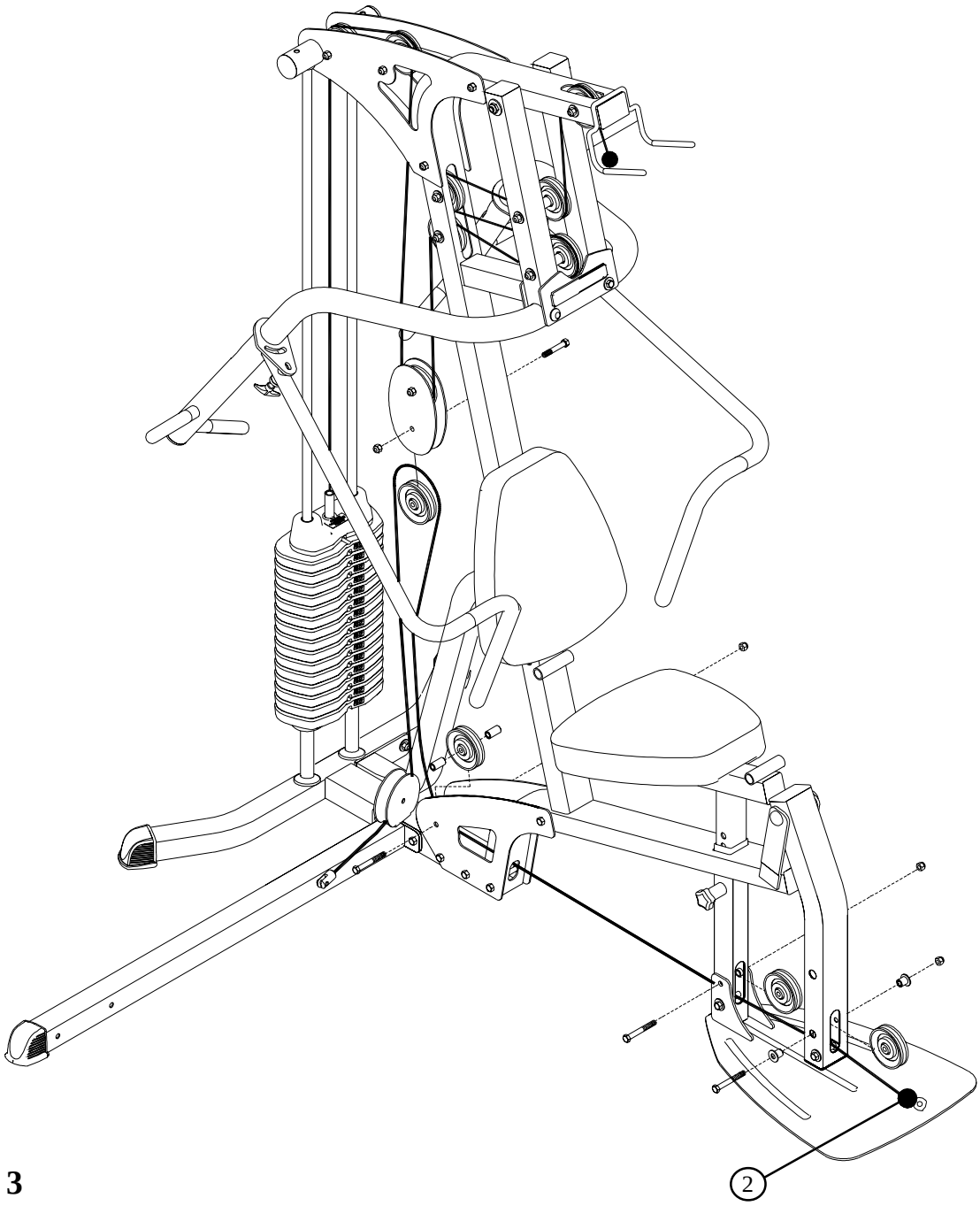


FIGURE 3

STEP 3:

- Assemble the new LEG PRESS CABLE (2) using the previously removed bolts as shown in FIGURE 3. **(NOTE: Make sure the LEG PRESS CABLE is running in the grooves of all pulleys and above the retaining bolts.)**

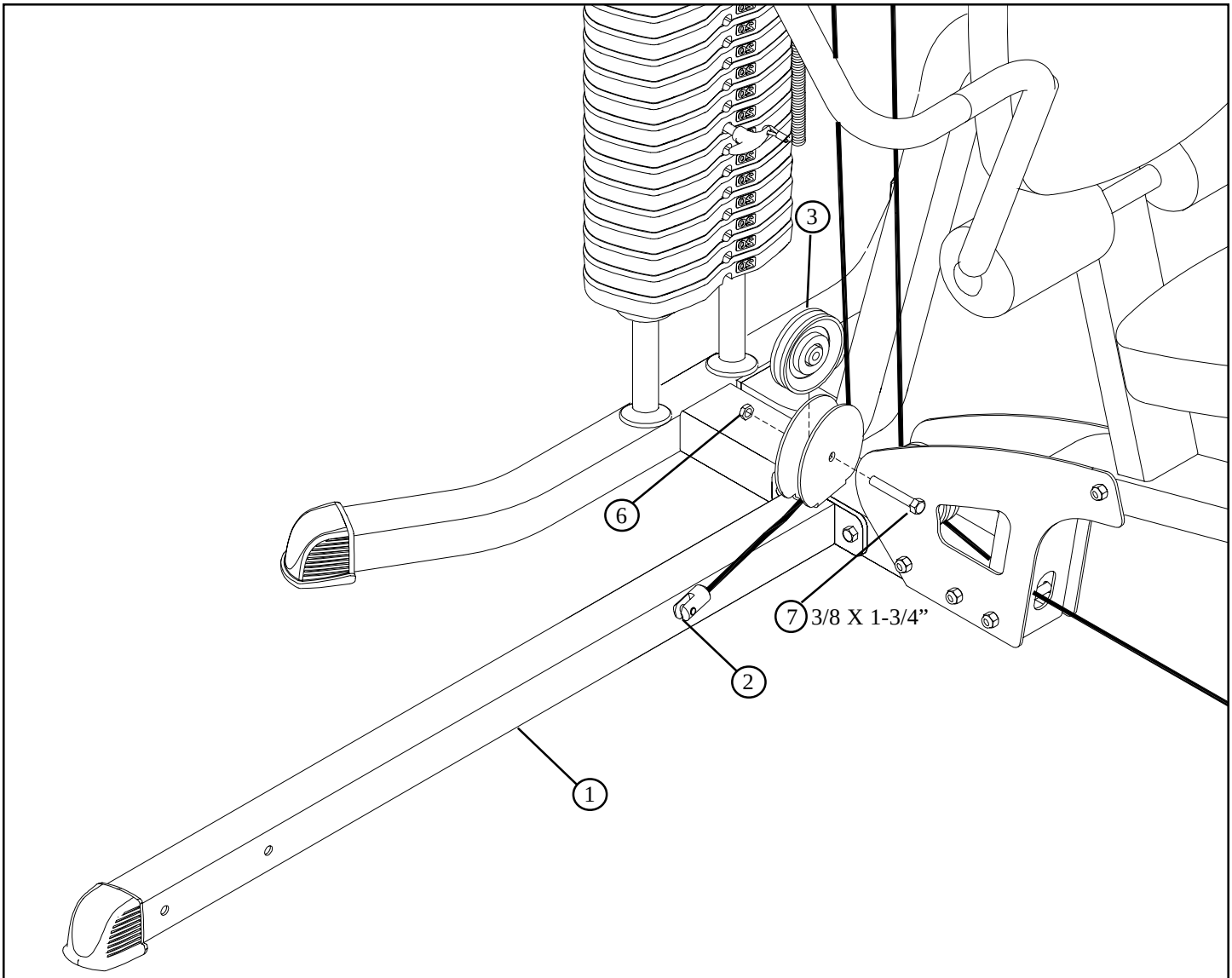
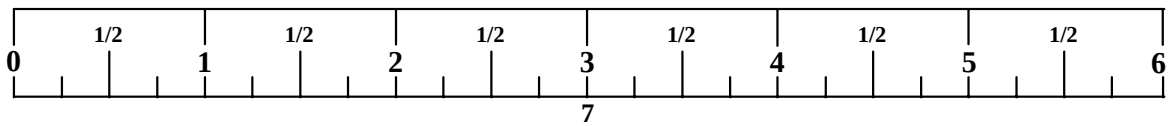


FIGURE 4

STEP 4:

- **SECURELY** assemble one 3-1/2” PULLEY (3) to the FRONT LEG (1) using one 3/8 X 1-3/4” BOLT (7) and one 3/8” LOCK NUT (6). See FIGURE 4.



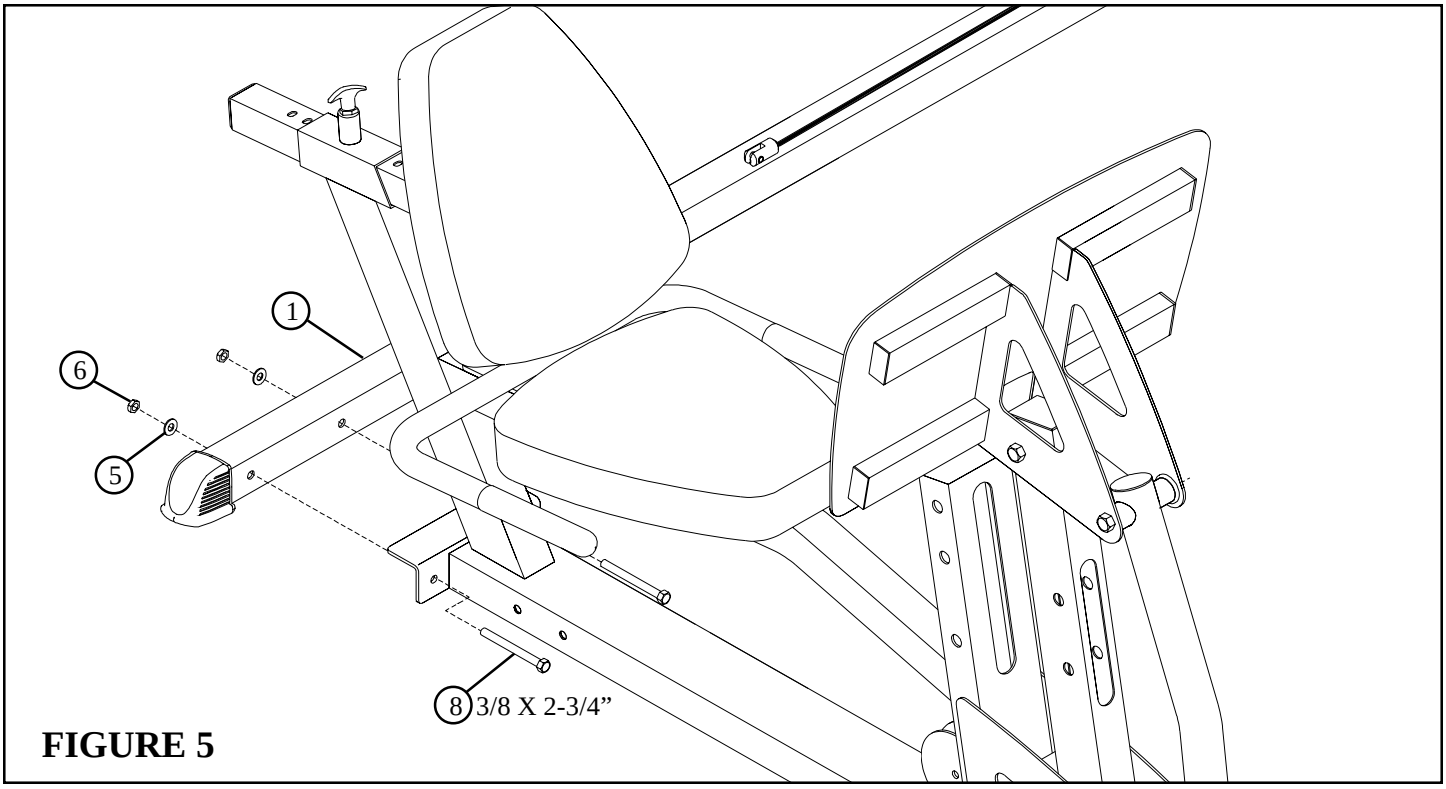
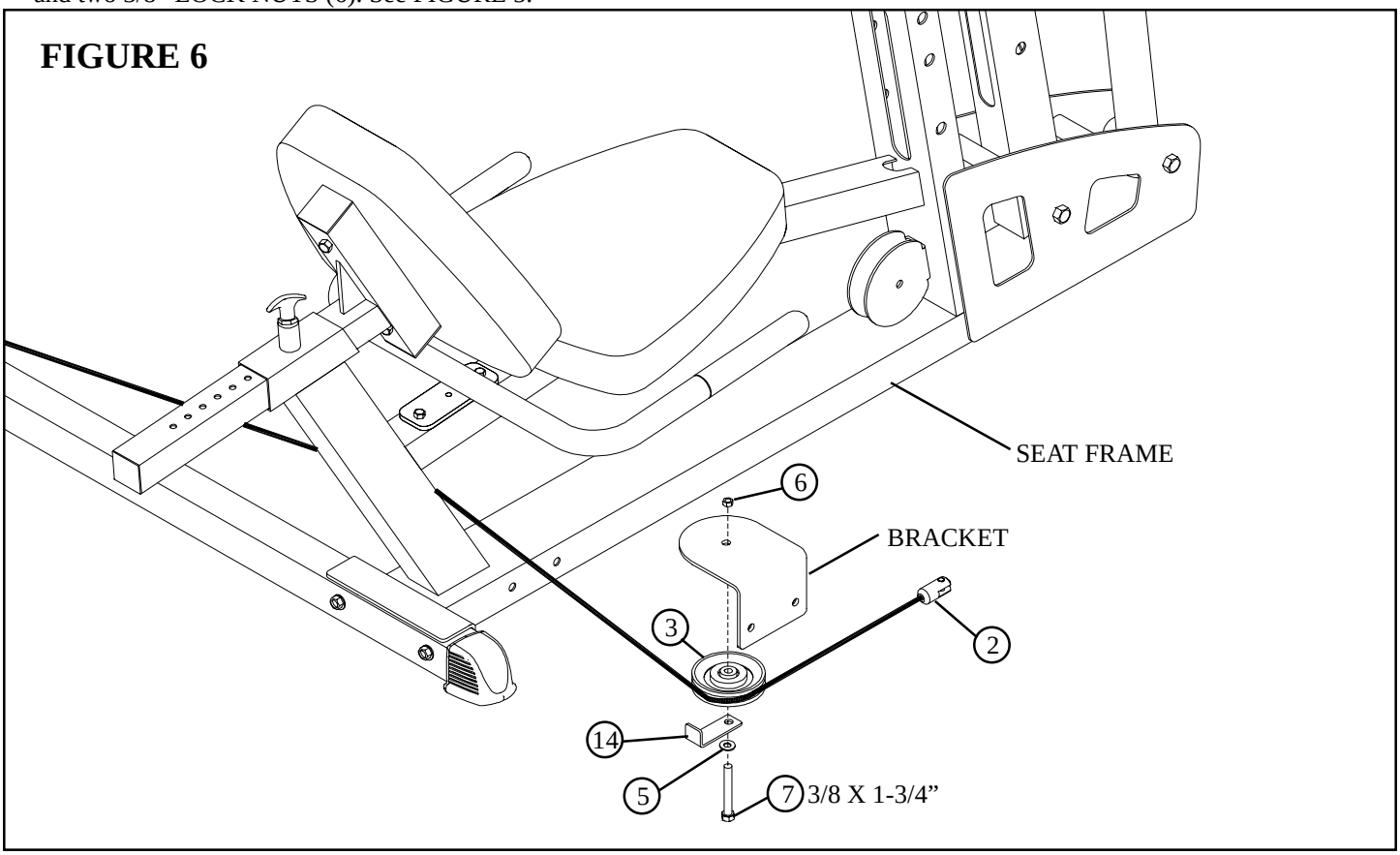


FIGURE 5

STEP 5:

- **SECURELY** attach the LP5 LEG PRESS to the FRONT LEG (1) using two 3/8” X 2-3/4” BOLTS (8), two 3/8” WASHERS (5), and two 3/8” LOCK NUTS (6). See FIGURE 5.

FIGURE 6



STEP 6:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2” PULLEY (3) and **SECURELY** assemble the 3-1/2” PULLEY (3) to the BRACKET (from 100 LEG PRESS kit) using one 3/8 X 1-3/4” BOLT (7), one 3/8” WASHER (5), one CABLE CLIP (14) and one 3/8” LOCK NUT (6) as shown in FIGURE 6. Make sure the CABLE is in the grooves of all the pulleys.

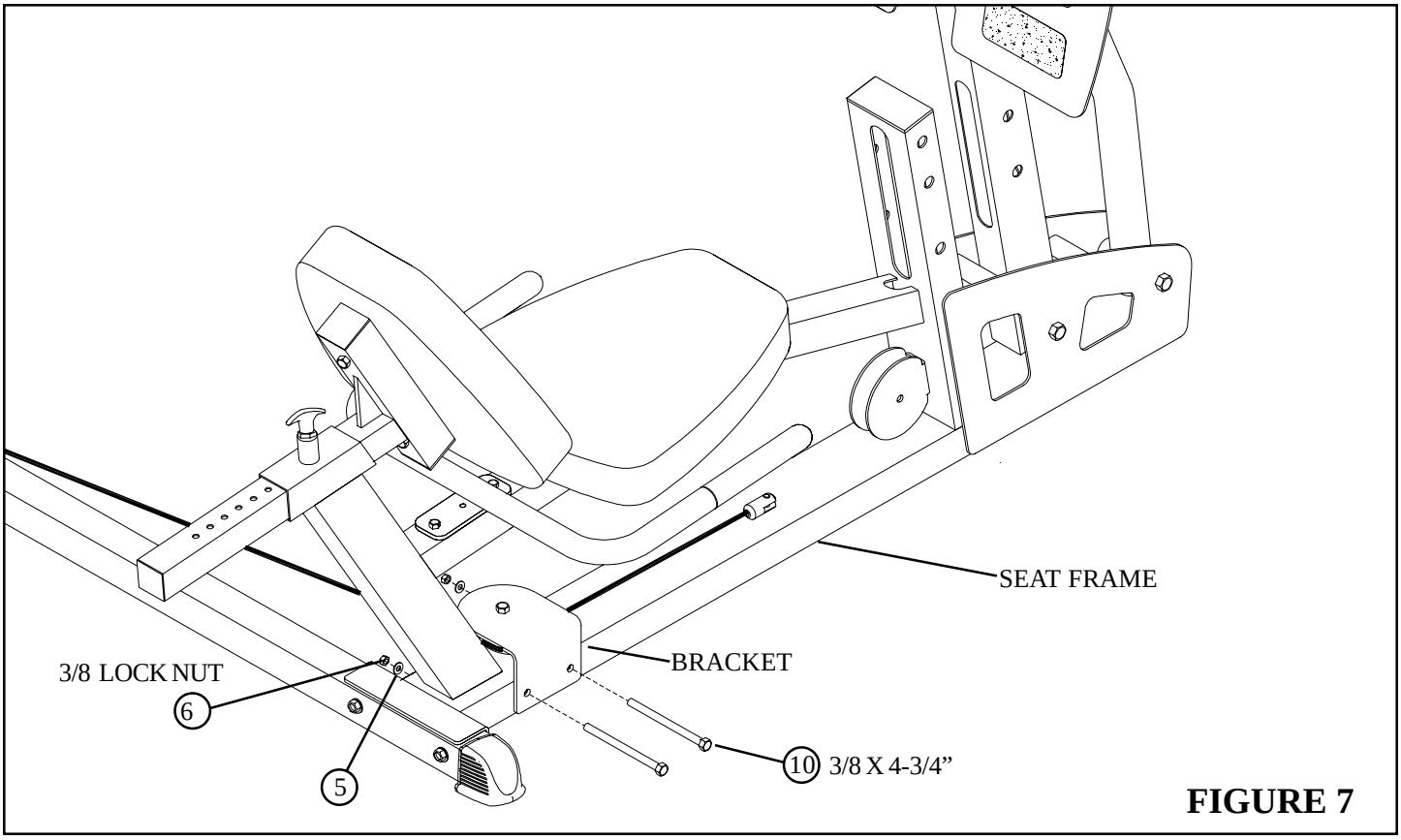
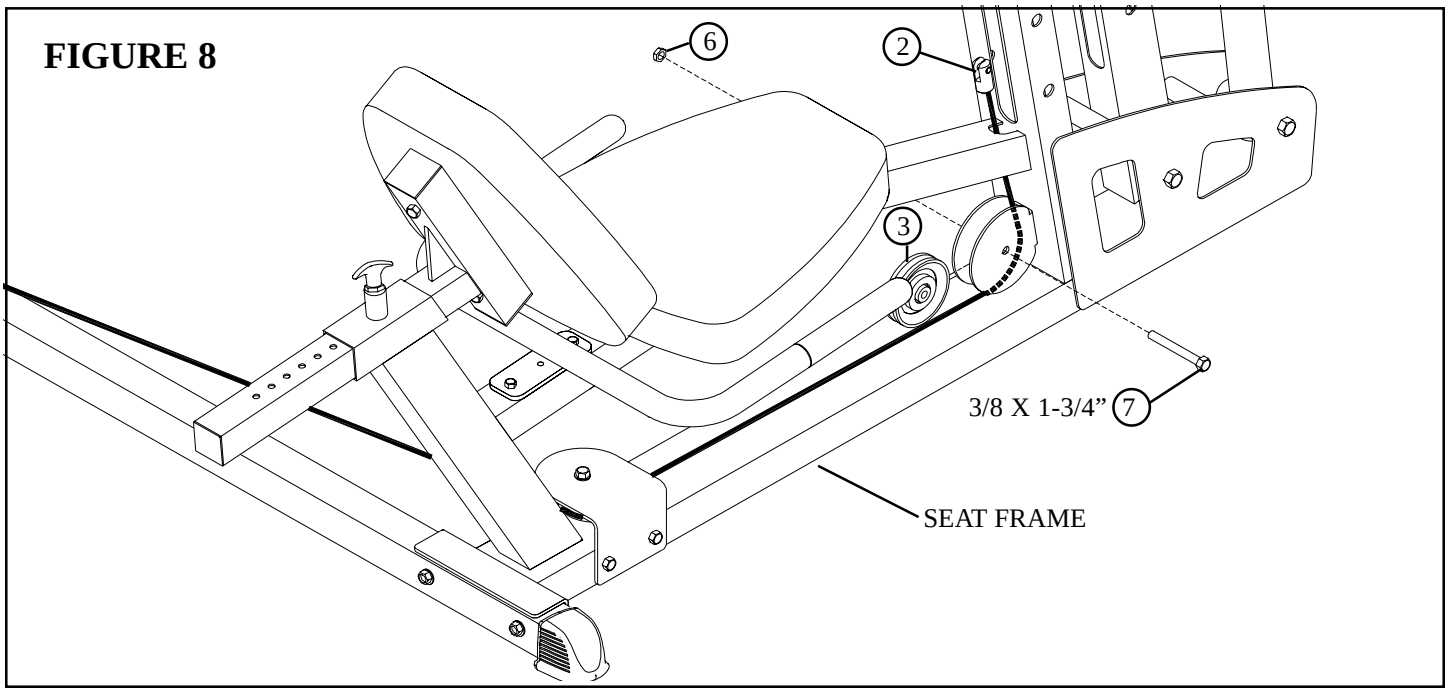


FIGURE 7

STEP 7:

- **SECURELY** attach the BRACKET (from LP5 LEG PRESS) to the SEAT FRAME using two 3/8” X 4-3/4” BOLTS (10), two 3/8” WASHERS (5), and two 3/8” LOCK NUTS (6). See FIGURE 7.

FIGURE 8



STEP 8:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2” PULLEY (3) and **SECURELY** assemble the 3-1/2” PULLEY (3) to the bracket on the SEAT FRAME using one 3/8 X 1-3/4” BOLT (7) and one 3/8” LOCK NUT (6) as shown in FIGURE 8. Make sure the CABLE is in the grooves of all the pulleys.

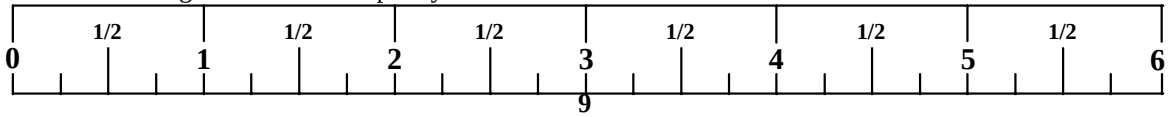
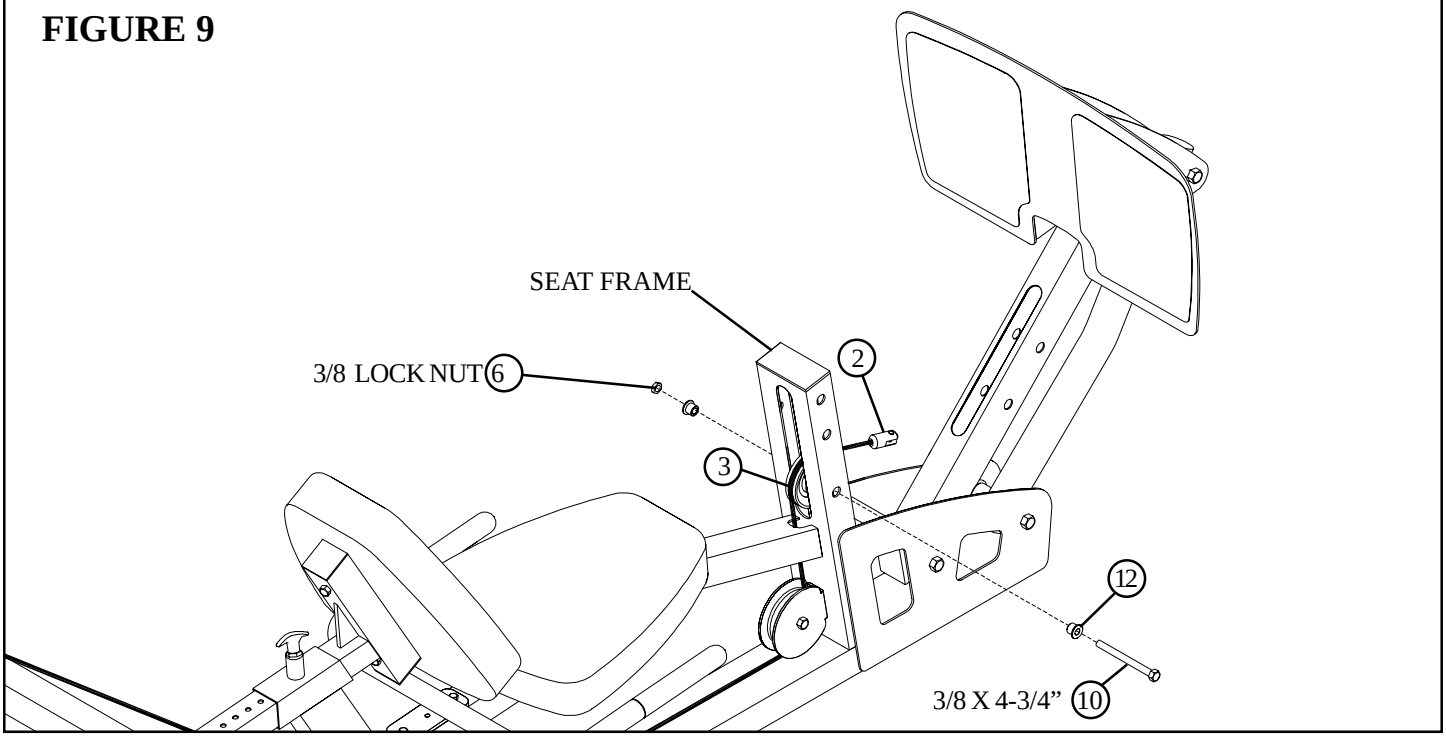


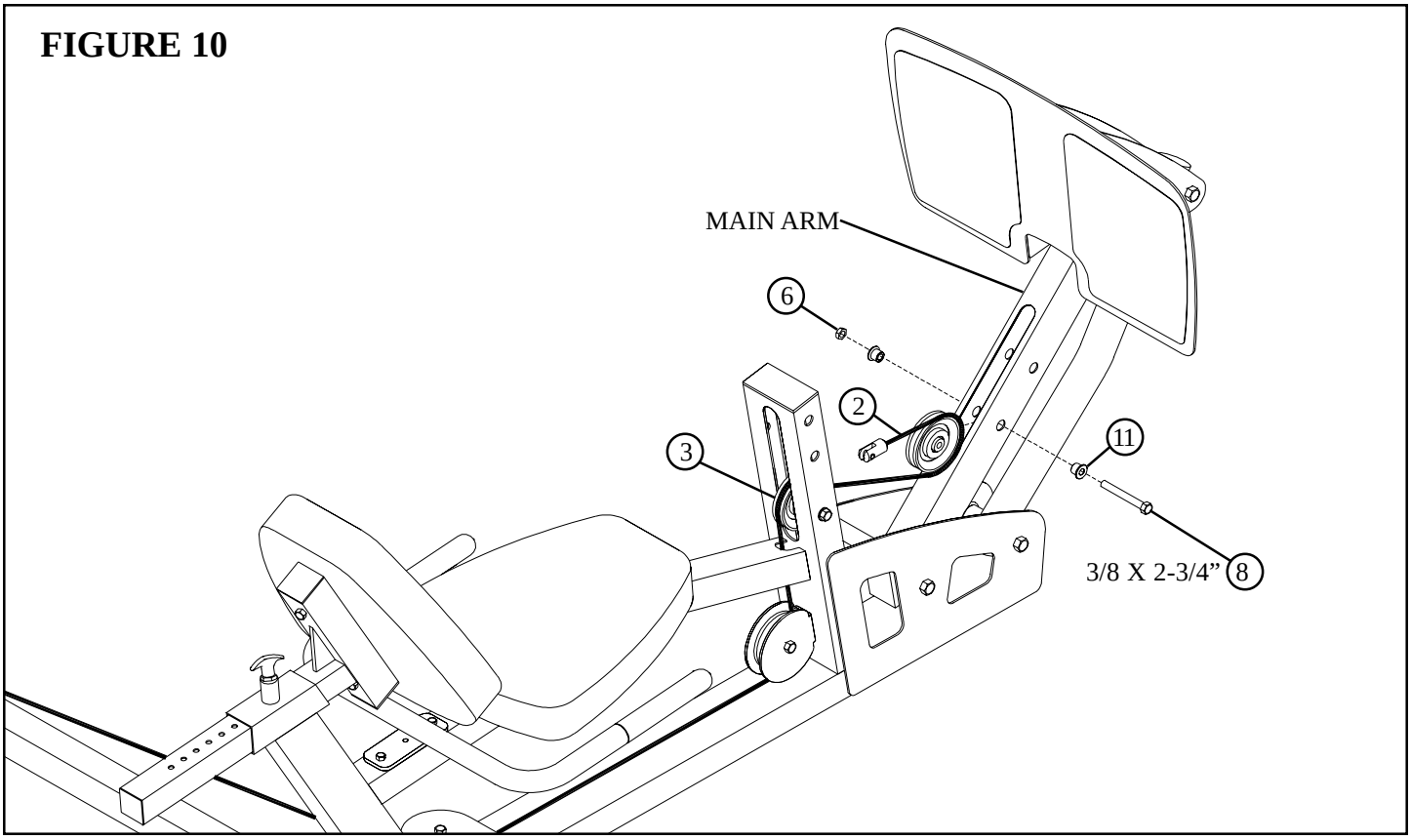
FIGURE 9



STEP 9:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2" PULLEY (3) and **SECURELY** assemble the 3-1/2" PULLEY (3) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (10), two STEP SPACERS 1-19/32" (12) and one 3/8" LOCK NUT (6) as shown in FIGURE 9. Make sure the CABLE is in the grooves of all the pulleys.

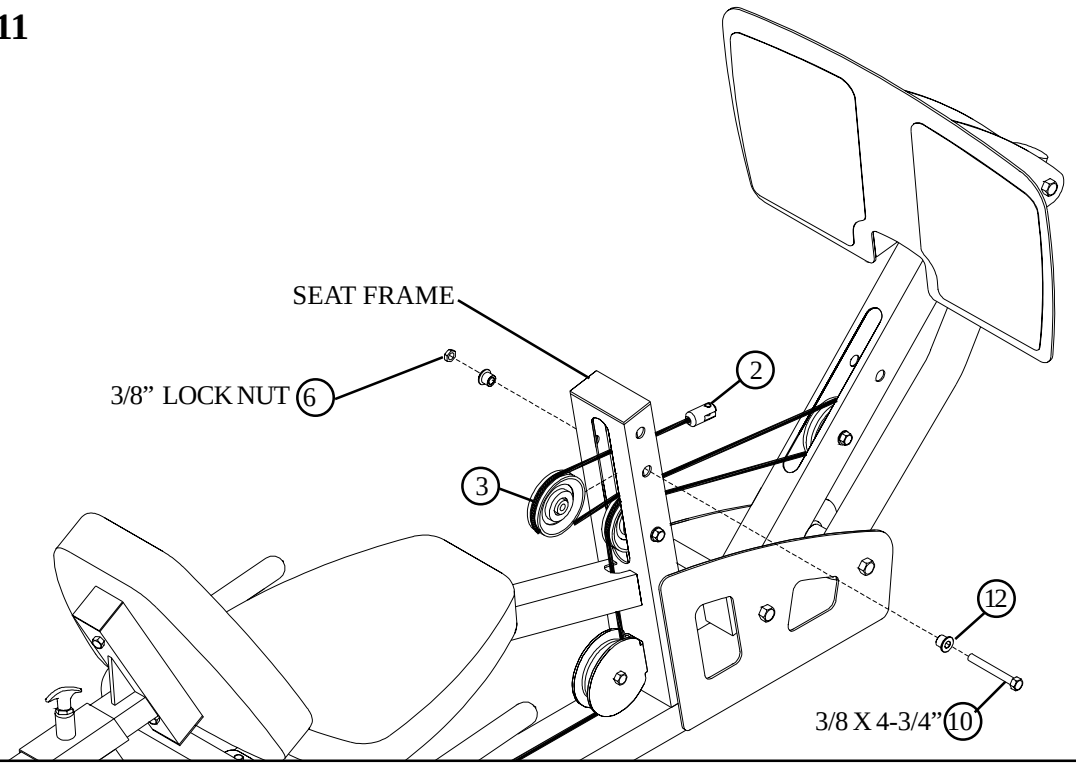
FIGURE 10



STEP 10:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2" PULLEY (3) and **SECURELY** assemble the 3-1/2" PULLEY (3) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (8), two STEP SPACERS 19/32" (11) and one 3/8" LOCK NUT (6) as shown in FIGURE 10. Make sure the CABLE is in the grooves of all the pulleys.

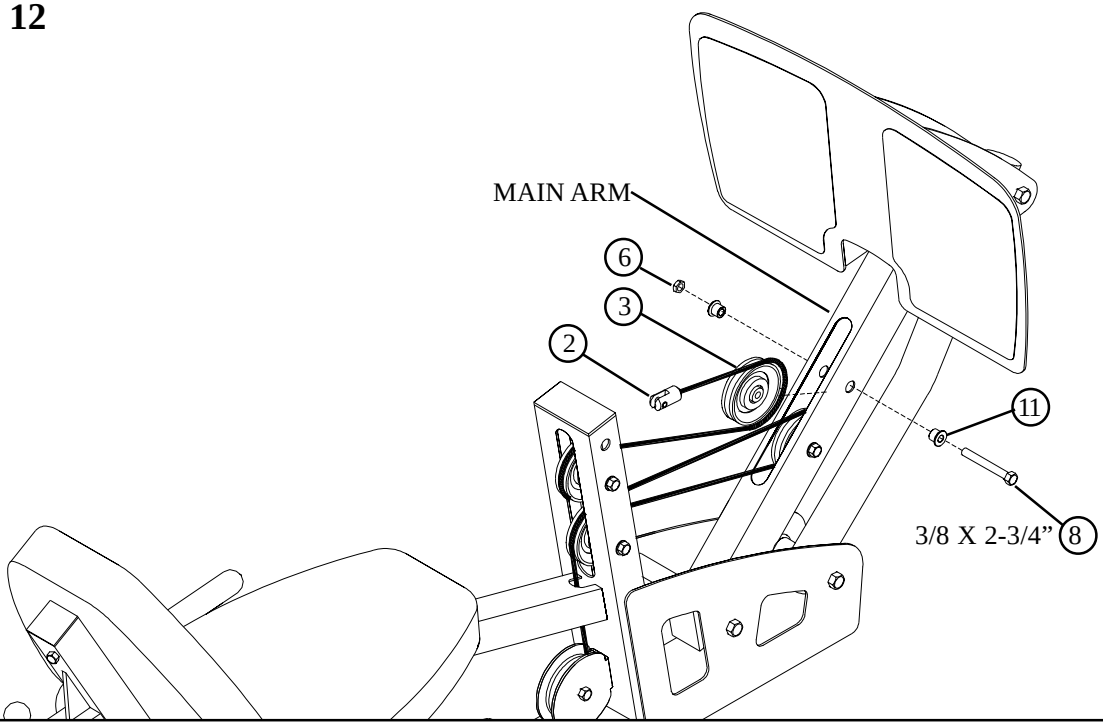
FIGURE 11



STEP 11:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2" PULLEY (3) and **SECURELY** assemble the 3-1/2" PULLEY (3) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (10), two STEP SPACERS 1-19/32" (12), and one 3/8" LOCK NUT (6) as shown in FIGURE 11. Make sure the CABLE is in the grooves of all the pulleys.

FIGURE 12



STEP 12:

- Carefully route the LEG PRESS CABLE (2) around one 3-1/2" PULLEY (3) and **SECURELY** assemble the 3-1/2" PULLEY (3) to the MAIN ARM using one 3/8 X 2-3/4" BOLT (8), two STEP SPACERS 19/32" (11) and one 3/8" LOCK NUT (6) as shown in FIGURE 12. Make sure the CABLE is in the grooves of all the pulleys.

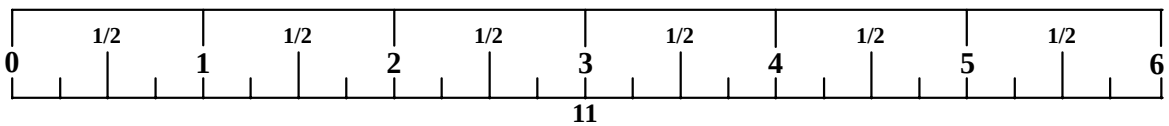
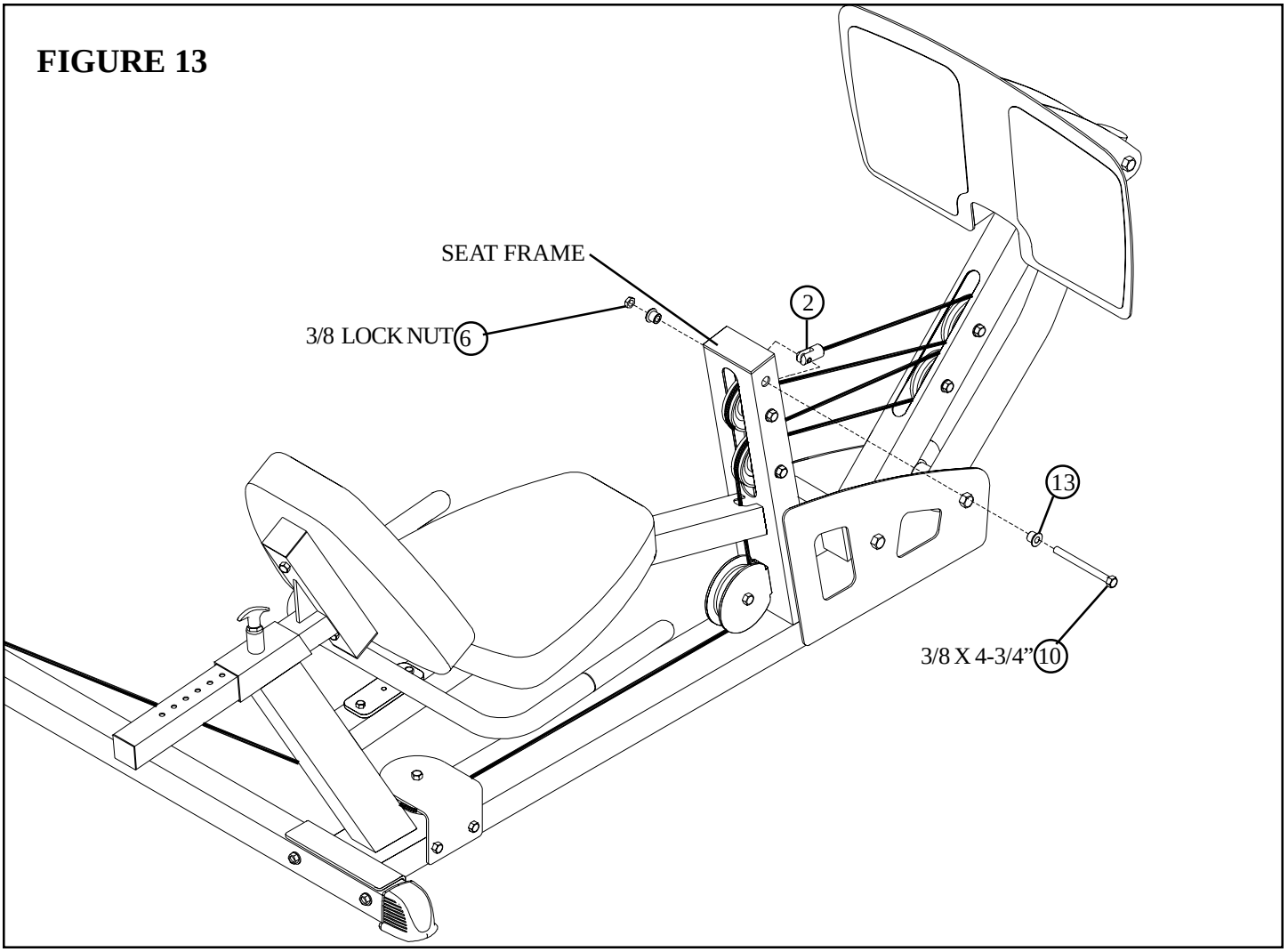


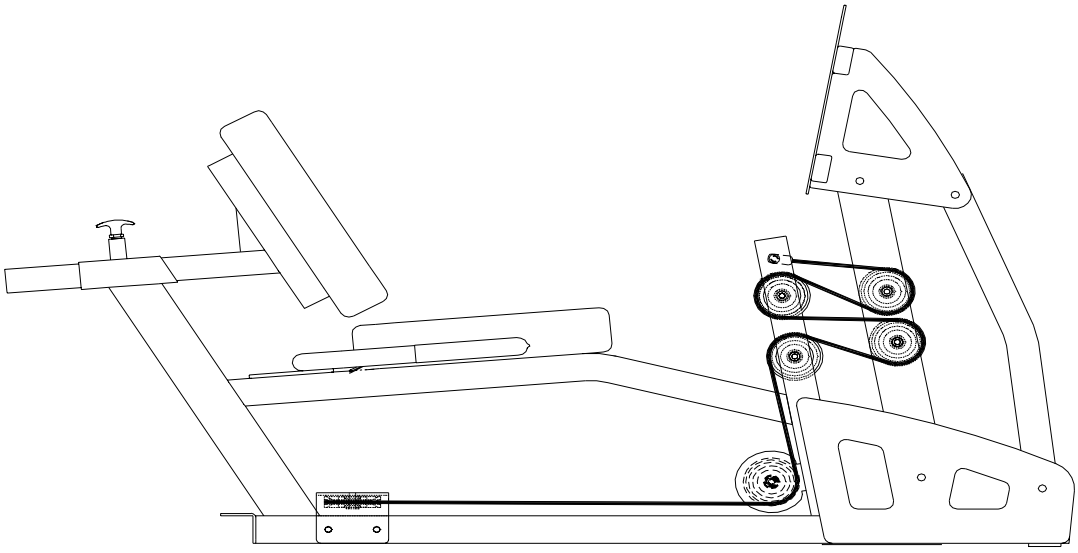
FIGURE 13



STEP 13:

- **SECURELY** assemble the swivel end of the LEG PRESS CABLE (2) to the SEAT FRAME using one 3/8 X 4-3/4" BOLT (10), two STEP SPACERS 1-11/16" (13) and one 3/8" LOCK NUT (6). **(NOTE: SECURELY tighten, then back nut off 1/4 turn)**

CABLE ROUTING DIAGRAM



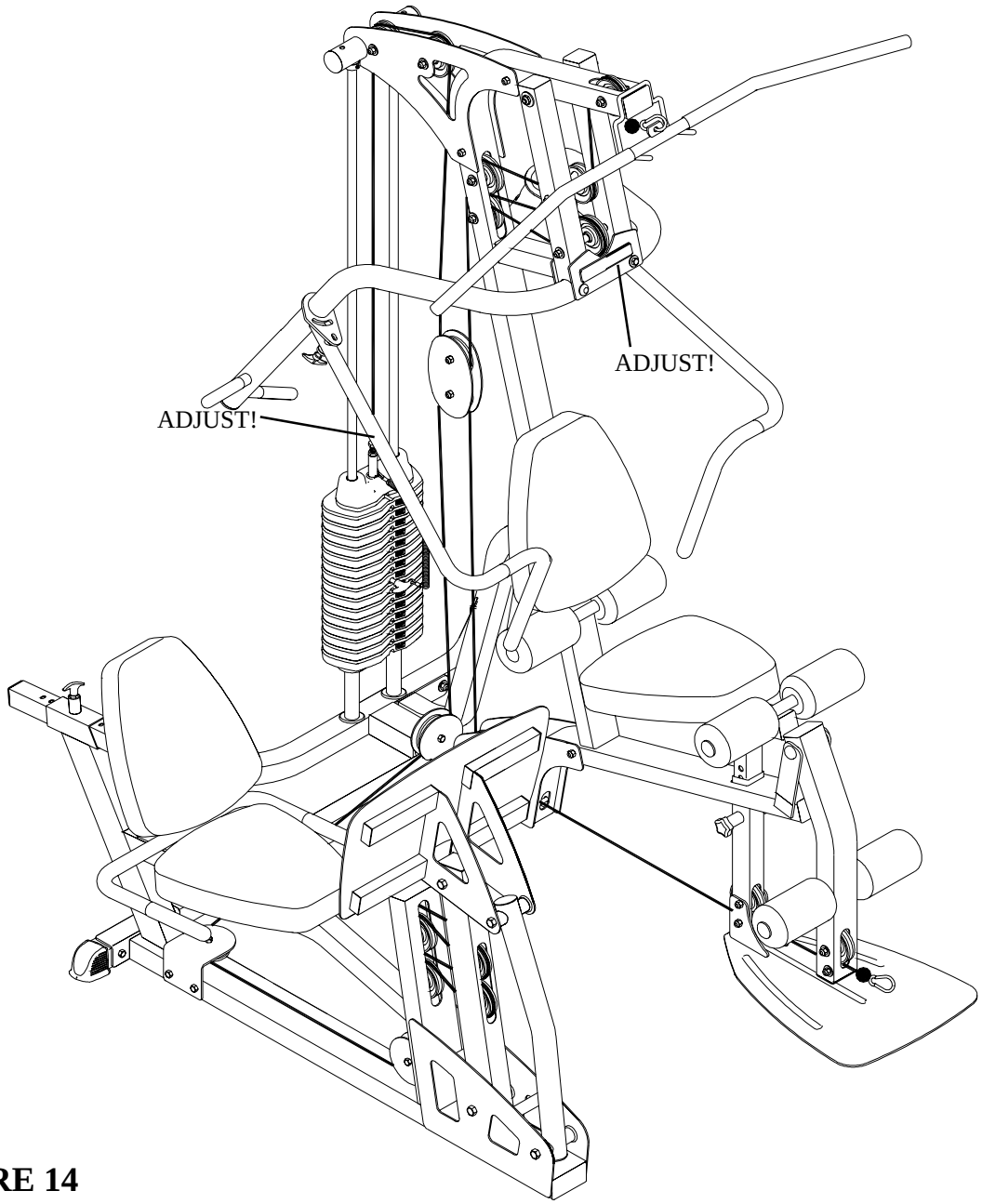


FIGURE 14

STEP 14:

- Before setting the correct amount of tension in the cables, push the HEAD PLATE down, insert the WEIGHT SELECTOR PIN, and perform several repetitions at the leg press station. This will relax the cable system and prevent the HEAD PLATE from lifting up.

THIS CONCLUDES THE ASSEMBLY OF THE GS1-LP5A-101 LEG PRESS ADAPTER KIT

Thank you for purchasing the Parabody GS1-LP5A-101 Leg Press Adapter Kit. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.